

# **Intelligences and You**









## Kinesthetic

# **Kinesthetic Intelligence**



This intelligence provides you with the mind and body coordination needed to move your body and other objects. It influences small movements, such as using your fingers to play a musical instrument, and large movements, such as running and catching a ball. Kinesthetic intelligence also affects certain mental abilities such as visualizing and remembering complex movements.

remembering complex movements.	
Strengths	Challenges
Have good balance and coordination when moving or being physically active	Avoid activities that require good coordination or complex movements
Good at hands-on activities, such as using tools and objects to build, create and repair	Not interested in playing competitive sports
<ul> <li>Can analyze complex movements and the steps involved to identify problems and solutions</li> <li>Use movement to express feelings and ideas —</li> </ul>	Do not use movement or physical precision for self- expression — through dance, painting or handmade crafts, for example
through gestures, body language, acting or dance, for example	Lack confidence when using tools and other physical objects to complete tasks
Have good reflexes — react quickly and instinctively	Unaware of own body language and may miss non- verbal cues from others
Famous People with Strong Kinesthetic Intelligence	Top Careers for Kinesthetic Intelligence
Michael Jordan (basketball player)	1. Fallers
Bruce Lee (martial artist)	2. Fence Erectors
Paula Abdul (dancer, choreographer)	3. Tire Builders
David Blaine (magician, endurance artist)	4. Rail Car Repairers
☐ Jim Carrey (actor,	5. Dancers
comedian)	6. Athletes and Sports Competitors
	7. Municipal Firefighters
	8. Fitness Trainers and Aerobics Instructors

10. Roustabouts, Oil and Gas

# **Musical Intelligence**









This intelligence includes the ability to play an instrument or sing, as well as a number of other skills such as: recognizing tones, patterns, rhythms, beats and sounds; enjoying and analyzing music; understanding musical structures; and, creating melodies and rhythms.

Strengths	Challenges
Enjoy a wide range of different types of	Enjoy only a few types of music
<ul> <li>music</li> <li>Use music to influence mood, build motivation and boost productivity</li> <li>Easily pick up on the beat or chords in music and recognize different instruments by their sounds</li> <li>Notice and use different tones in speech to impart emotion, emphasis or meaning</li> <li>Sing well, can play one or more instruments and could easily learn another</li> <li>Readily recall tunes and lyrics, and can use music, rhythms and patterns to remember things</li> </ul>	<ul> <li>Music has little effect on mood, motivation and emotions</li> <li>Difficulty identifying sounds of different musical instruments</li> <li>Not likely to notice or use tone that imparts meaning in speech — for example, detecting and using sarcasm</li> <li>Do not sing well and would have trouble learning to play an instrument</li> <li>Do not remember melodies and lyrics of songs</li> </ul>
Famous People with Strong Musical Intelligence  Jennifer Lopez (musician, composer)  Elvis Presley (singer- songwriter)  Beyoncé Knowles (singer, songwriter and actress)  William James "will.i.am" Adams Jr. (musician and producer)  Adele Adkins (singer-songwriter)	Top Careers for Musical Intelligence  1. Music Composers and Arrangers 2. Art, Drama, and Music Teachers, Postsecondary 3. Music Therapists 4. Physicists 5. Singers 6. Music Directors 7. Musicians, Instrumental 8. Poets, Lyricists and Creative Writers 9. Actors 10. Dancers

# **Logical Intelligence**









This intelligence includes the ability to reason inductively (make conclusions based on observations) and deductively (make conclusions based on hypotheses). This intelligence also involves finding relationships between abstract ideas (numbers, for example), recognizing logical sequences and patterns, recognizing problems and solving them. This intelligence is closely linked with being successful in school.

Challenges
Struggle with abstract mathematical and logical concepts
Poor problem-solving ability — don't know how to use or develop approaches for reaching the best solution
Dislike activities involving puzzles, strategy, calculations or formulas
Find it hard to categorize and organize things in a logical manner
Not inclined to experiment or form theories to explain things
Top Careers for Logical Intelligence
1. Mathematical Technicians
2. Operations Research Analysts
3. Actuaries
4. Software Developers, Applications
5. Mathematical Science Teachers, Postsecondary
6. Agricultural Engineers
7. Biomedical Engineers
8. Transportation Engineers
9. Manufacturing Engineering Technologists
5. Mandactuming Engineering recimologists

# **Interpersonal Intelligence**









This intelligence includes understanding and working with people, building relationships, seeing the world from others' point of view, communicating well verbally and non-verbally, cooperating in a group, having influence, and responding to the mood, personality and goals of others.

Strengths	Challenges
Relate well to	Difficulty building and maintaining social relationships
others  Notice and understand people's needs, perspectives, emotions and motivations  Connect and interact with people quickly and easily  Form and maintain lasting relationships  Able to lead, influence and inspire others	<ul> <li>Do not notice or respond appropriately to others' feelings, motivations or behaviors</li> <li>Not good at collaborative work</li> <li>Uncomfortable interacting with people whose experiences, views and beliefs differ from own</li> <li>Don't see the humor in things that others find funny</li> </ul>
Famous People with Strong Interpersonal Intelligence	Top Careers for Interpersonal Intelligence
Martin Luther King, Jr. (clergyman, civil rights activist)	Marriage and Family Therapists
Mother Teresa (nun, humanitarian)	Educational, Guidance, School, and Vocational     Counselors
Oprah Winfrey (talk-show host, philanthropist)	3. Patient Representatives
Anthony Robbins (success coach, professional speaker)	4. Psychiatrists
Ellen DeGeneres (comedian, talk-show host)	5. Lodging Managers
	6. Arbitrators, Mediators, and Conciliators
	7. Public Relations and Fundraising Managers
	8. Transportation Managers
	9. Emergency Management Directors
	10. Counseling Psychologists

## Naturalist

# **Naturalist Intelligence**









Naturalist intelligence involves being able to recognize, appreciate and group different things in the environment: plants, animals, people, structures, weather patterns, landscapes and so on. It also allows one to see the connections between different parts of the environment, to easily recognize when environmental changes happen, and to understand what impacts those changes might have. People with a strong naturalist intelligence are typically viewed as being "in tune" with nature.

Strengths	Challenges
Sensitive to nature — feel a concern for, and connection to, living things and the natural environment	Difficulty identifying or grouping plants, animals and objects in the natural environment, as well as manufactured objects like cars and clothing
<ul> <li>Observe similarities and differences in plants, animals and natural formations, as well as in manufactured objects</li> <li>Organize and group things according to their traits</li> <li>Enjoy growing plants, taking care of animals or learning about the natural environment</li> <li>Aware of subtle changes in the weather, climate and seasons</li> <li>Have an interest in conservation and recycling</li> </ul>	<ul> <li>Don't notice similarities between seemingly different objects</li> <li>Unable to identify the sights and sounds of nature — birds and their songs, for example, or the appearance of plants, rocks or cloud formations</li> <li>Feel uncomfortable in a natural environment — may fear wild animals, dislike insects, sand and dirt, and miss urban conveniences</li> <li>Unaware of gradual shifts in the weather and the effects of factors such as temperature, humidity, wind and pressure</li> <li>Not concerned about environmental protection, pollution controls or water quality</li> </ul>
Famous People with Strong Naturalist Intelligence	Top Careers for Naturalist Intelligence
<ul> <li>Charles Darwin (geologist, naturalist)</li> <li>Jane Goodall (biologist, conservationist)</li> <li>Jacques Cousteau (marine ecologist, filmmaker)</li> <li>Chico Mendes (human rights activist, environmentalist)</li> <li>Steve Irwin "The Crocodile Hunter" (naturalist, environmentalist)</li> </ul>	<ol> <li>Hunters and Trappers</li> <li>Park Naturalists</li> <li>Sustainability Specialists</li> <li>Veterinarians</li> <li>Environmental Science Teachers, Postsecondary</li> <li>Animal Breeders</li> <li>Farmworkers, Farm, Ranch, and Aquacultural Animals</li> <li>Environmental Science and Protection Technicians, Including Health</li> <li>Forest and Conservation Workers</li> <li>Fishers and Related Fishing Workers</li> </ol>

## Spatial

# **Spatial Intelligence**









Spatial intelligence includes the ability to identify objects accurately, change and recreate images, and recognize how shapes and objects relate to each other. While this intelligence is typically applied through visual means, spatial intelligence does not only rely on vision. It can also be used through touch and sometimes even hearing.

Strengths	Challenges
Able to visualize images — both real and imagined — with great clarity, and to picture how they would look when rotated or modified	Difficulty learning information that is visual (presented as images or diagrams) or tactile (presented through touch and handling objects)
<ul> <li>Notice and remember visual details and tend to evaluate the design, symmetry or beauty of things</li> <li>Can work with shape, size, position and location to solve problems and design, arrange or build things</li> <li>Have a good sense of direction and can easily navigate through different environments, whether on foot, driving or traveling by air or on water</li> <li>Can accurately visualize and estimate distances and measurements</li> </ul>	<ul> <li>Poor memory for visual details such as locations and what things look like; may also forget faces</li> <li>Dislike puzzles, mazes, building models and other activities that require fitting pieces together</li> <li>Easily lose sense of direction and have trouble understanding and following maps, charts and diagrams</li> <li>Struggle to estimate distances and measurements, whether they are distances for travel or measurements</li> </ul>
Famous People with Strong Spatial Intelligence  ☐ Frank Lloyd Wright (architect, interior designer)  ☐ Michelangelo (artist, engineer)  ☐ Steven Spielberg (film director, video game designer)  ☐ Vera Wang (fashion designer)	Top Careers for Spatial Intelligence  1. Civil Drafters 2. Mechanical Drafters 3. Computer Hardware Engineers 4. Agricultural Engineers 5. Commercial and Industrial Designers
Christopher Columbus (explorer, navigator)	<ul> <li>6. Biomedical Engineers</li> <li>7. Architecture Teachers, Postsecondary</li> <li>8. Pilots, Ship</li> <li>9. Architectural Drafters</li> <li>10. Transportation Engineers</li> </ul>

## Intrapersonal

## **Intrapersonal Intelligence**









ways for self-improvement, and build self-confidence. Challenges Strengths Well aware of personal abilities, challenges, feelings Give little thought to personal goals and abilities when making decisions Set realistic goals, able to focus and stay on ☐ Unaware of how mood, attitude and tone of voice can affect other people In control of emotions, good at handling high-stress Allow personal opinions to negatively affect decisions situations and interactions with others Set unrealistic goals and make limited progress, often Make decisions thoughtfully and carefully giving up Ethical and objective, aware of how personal Don't understand how to recognize and manage own viewpoints can be biased or unfair emotions **Top Careers for Intrapersonal** Famous People with Strong **Intrapersonal Intelligence** Intelligence Confucius (philosopher, teacher) 1. Gaming Supervisors Sigmund Freud (neurologist, psychoanalyst) 2. Judges, Magistrate Judges, and Magistrates Mohandas Ghandi (lawyer, ideological leader) 3. Child, Family, and School Social Workers Helen Keller (speaker, 4. Chief Executives author) 5. Education Administrators, Preschool and Childcare Terry Fox (athlete, Center/Program humanitarian) 6. Postmasters and Mail Superintendents 7. Psychiatric Aides 8. Producers

9. Transportation Managers

10. Sales Managers

Intrapersonal intelligence includes the ability to understand oneself -- emotions, fears, motivations, strengths and weaknesses. This intelligence allows you to reflect upon your own thinking and behavior, learn from that reflection, find

## Existential

## **Existential Intelligence**









Existential intelligence is the ability to see the big picture in everything - the relationships and connections, vastness and limitations, and how everything fits together. This intelligence is used in considering questions about our existence, such as purpose, life, death, and our place in the universe. NOTE: Existential Intelligence should not be confused with existentialism. Existentialism is an area of philosophy dealing with certain views on human existence. Philosophers who examine and promote existentialist theories would certainly use their existential intelligence. However, the intelligence can be applied to other areas as well.

Strengths	Challenges
Summarize details to understand a larger concept — putting together the elements of a career plan or game strategy, for example	Not interested in exploring "deep" questions about life, death and the universe. Prefer questions that have clea and final answers
See things from different points of view — understanding others' cultures or values, or both sides of a debate, for example	Focus on immediate tasks and getting them done, rather than thinking about different possibilities and how things connect in a bigger way
Explore questions about human existence through study of philosophy, ethics, the arts, or religion and spirituality	<ul> <li>Difficulty understanding perspectives, values and opinions that differ from own</li> </ul>
Connect different ideas to envision something new and creative	Rely on repetition and memory techniques for learning rather than looking for ways to relate facts to a larger concept
Famous People with Strong Existential Intelligence	Top Careers for Existential Intelligence
<ul> <li>Aristotle (philosopher, teacher)</li> <li>The Dalai Lama (spiritual leader)</li> <li>Deepak Chopra (doctor, speaker/author)</li> <li>Ralph W. Emerson (essayist, transcendentalist)</li> <li>Jane Addams (philosopher, activist)</li> </ul>	<ol> <li>Clergy</li> <li>Political Science Teachers, Postsecondary</li> <li>Sociologists</li> <li>Advanced Practice Psychiatric Nurses</li> <li>Training and Development Specialists</li> <li>Directors, Religious Activities and Education</li> <li>Sociology Teachers, Postsecondary</li> <li>Philosophy and Religion Teachers, Postsecondary</li> <li>Social Work Teachers, Postsecondary</li> </ol>
	10. History Teachers, Postsecondary

## Linguistic

# **Linguistic Intelligence**









Linguistic intelligence helps you to understand and use language properly in reading, writing, speaking, including sign language and Braille. It also affects vocabulary and the ability to understand and use humor, create pictures using words, notice language patterns, and recognize relationships between words. Linguistic intelligence is one of the main intelligences linked with succeeding in school.

Strengths	Challenges
Know how to use vocabulary, sentence structure,	Have difficulty with grammar, vocabulary, reading,
grammar and spelling for clear communication	writing, new languages and word-based puzzles
Easily remember word-based information	Struggle with communication, creativity and memory
<ul> <li>Good at learning new languages and other symbol systems, such as computer code and hieroglyphs</li> <li>Use language creatively for such things as storytelling, writing, using humor and composing poetry</li> <li>Can tailor communication style depending on topic, audience and purpose</li> </ul>	for general facts  Avoid activities that involve reading, writing and speaking, especially when dealing with challenging material  Don't pick up on subtle forms of humor, such as irony, sarcasm and satire  Have trouble remembering things that are read or heard
Famous People with Strong	Top Careers for Linguistic
Linguistic Intelligence	Intelligence
William Shakespeare (author, playwright)	1. Interpreters and Translators
<ul><li>William Shakespeare (author, playwright)</li><li>Barack Obama (lawyer, U.S. president)</li></ul>	•
<ul><li>William Shakespeare (author, playwright)</li><li>□ Barack Obama (lawyer, U.S. president)</li><li>□ Maya Angelou (poet,</li></ul>	Interpreters and Translators
<ul><li>William Shakespeare (author, playwright)</li><li>Barack Obama (lawyer, U.S. president)</li><li>Maya Angelou (poet, author)</li></ul>	<ol> <li>Interpreters and Translators</li> <li>Technical Writers</li> </ol>
<ul> <li>William Shakespeare (author, playwright)</li> <li>Barack Obama (lawyer, U.S. president)</li> <li>Maya Angelou (poet, author)</li> <li>Noam Chomsky (linguist, philosopher)</li> </ul>	<ol> <li>Interpreters and Translators</li> <li>Technical Writers</li> <li>Lawyers</li> </ol>
<ul> <li>William Shakespeare (author, playwright)</li> <li>Barack Obama (lawyer, U.S. president)</li> <li>Maya Angelou (poet, author)</li> <li>Noam Chomsky (linguist, philosopher)</li> <li>Jean-François Champollion (linguist who first</li> </ul>	<ol> <li>Interpreters and Translators</li> <li>Technical Writers</li> <li>Lawyers</li> <li>Political Scientists</li> </ol>
<ul> <li>William Shakespeare (author, playwright)</li> <li>Barack Obama (lawyer, U.S. president)</li> <li>Maya Angelou (poet, author)</li> <li>Noam Chomsky (linguist, philosopher)</li> </ul>	<ol> <li>Interpreters and Translators</li> <li>Technical Writers</li> <li>Lawyers</li> <li>Political Scientists</li> <li>Speech-Language Pathologists</li> </ol>
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<ul> <li>William Shakespeare (author, playwright)</li> <li>Barack Obama (lawyer, U.S. president)</li> <li>Maya Angelou (poet, author)</li> <li>Noam Chomsky (linguist, philosopher)</li> <li>Jean-François Champollion (linguist who first</li> </ul>	<ol> <li>Interpreters and Translators</li> <li>Technical Writers</li> <li>Lawyers</li> <li>Political Scientists</li> <li>Speech-Language Pathologists</li> <li>Neuropsychologists and Clinical Neuropsychologists</li> <li>Training and Development Specialists</li> </ol>

## Rate your profile:

Postsecondary

How well does it match you?



**Mostly Accurate** 

# **Developing Your Intelligences**





These are your superpowers -- use your strengths to improve in other areas.

## **Kinesthetic**

### Advice for Learning





- · Actively use your body and your five senses to "learn by doing". Use hands-on activities, such as manipulating objects or conducting experiments, to learn new concepts. You remember information better when it is related to an activity
- Try to remain active when you're concentrating on learning something. For example, you could squeeze a stress ball while watching a presentation
- Take short breaks to get up and move around or stretch during class time
- Complete reports and other assignments by acting out skits or building models
- Get involved in coaching or assisting. This gives you the chance to design plays or routines, or to analyze and instruct on proper movement for the activity

#### Recommendations

be	est for you.
	When practicing a new movement, repeat it several times. This helps your nerves and muscles learn the proper patterns for the activity
	Think about your body's movement during an activity. Concentrate on how your limbs and muscles move when participating in swimming, martial arts, surfing, acting or dancing, for example
	Focus on the goals of each movement during an activity. Through repeated practice, your muscles will become trained to carry out the correct movements automatically. This will allow you to focus more on the overall goal, such as winning a race

The following recommendations are based on your results. Consider each and select the ones you think would work

#### Kinesthetic and Interpersonal Intelligences

- You are good at noticing people's posture and body language. Use this to interpret what they might be thinking or feeling
- Change how you react and speak to show that you understand and care about what someone is saying. For example, maintain eye contact and lean forward slightly to show that you are listening
- Get involved in team sports and clubs that focus more on fun and socializing than on competition. Share your techniques and tips with the group

#### Kinesthetic and Naturalist Intelligences

- When participating in outdoors activities, be aware of your surroundings. Noticing the sights, sounds and smells around you while doing something you enjoy can improve your appreciation of nature and the environment
- Participate in an activity you do often and know well, so that it doesn't require your full attention. When you take a break, stop and carefully observe your setting. Take note of similarities and differences in the objects around you
- As you get used to one environment, try activities in different environments. Try to make connections between them

## **Musical**

### **Advice for Learning**





- Take any kind of music, singing or dance class. If you play an instrument, learn to play another, unrelated type of instrument
- Take speech and debate, poetry or creative writing class. Pay attention to the rhythm and patterns in speech and writing. Try reading and writing different things with varying paces and different tone
- When working on assignments, playing sports or working with your hands, try to move and work with a rhythm that suits the activity
- Take a drama class and learn how actors use tone and rhythm to convey more meaning than words alone can do

The following recommendations are based on your results. Consider each and select the ones you think would work

• If permitted, include music in your presentations or projects. Be sure to select music that complements your assignment. Don't just pick your current favorites, unless they are relevant!

#### Recommendations

ha	st for you.
be	st for you.
	Listen carefully to music. Try to identify different instruments or tracks, and follow the rhythm and pitch for each
	Play games that center around making music. There are many games that allow you dance, sing or play a simulated instrument to popular music
	Learn to create music. Try singing along to music at first, then afterwards on your own. Or, try playing along to music and then on your own. There are many websites and YouTube videos that provide step-by-step instructions for different instruments and popular songs
	Use background sound to focus. Try listening to different types of music during an activity to learn which ones work best for you. You may also find that silence, or white noise, in the background works best at times

#### Musical and Intrapersonal Intelligences

- Use music to explore your personal thoughts. When singing, playing or creating a piece of music, reflect on what the piece means to you. How does it make you feel?
- Try using music to change your mood to energize or calm yourself, for instance. Think about why you connect with music in different situations. What instruments are being played? Does the rhythm or tempo have an effect?
- Use music to practice setting goals. For example, challenge yourself to play increasingly difficult pieces of music or learn to play a new instrument. Monitor your progress regularly and take time to reflect on what you've learned

#### Musical and Spatial Intelligences

- Learn to read music. This requires the ability to quickly interpret the visual patterns of notes and other symbols on music sheets
- Learn about acoustics and how music and sound are affected by physical structure. The structure could be a musical instrument. It could also be a room, concert hall, canyon or other space in which the music is heard
- Work on puzzles, design projects or other spatial-oriented activities while listening to music that helps you focus

## Logical

### **Advice for Learning**





- Use and create information that can be represented in multiple ways. For example, data can be placed in a chart or graph. Outlines can be shown as a mind map
- To improve your critical thinking skills, learn about the "fallacies of logic" (incorrect arguments or reasoning). Practice identifying and creating statements that demonstrate fallacies
- Ask others to help you spot flaws in your problem solving and analytical strategies. When you watch someone else analyze a problem, focus on the process they use to solve it and ask questions about each step
- Look for patterns and ways to organize information to make it easier to remember. For example, you could order items alphabetically or create acronyms for the names of things

#### Recommendations

The following recommendations are based on your results. Consider each and select the ones you think would work best for you.
 Try your skill at online puzzles. There are plenty of free websites available offering a variety of logic puzzles, riddles and unique math problems
 Use every opportunity to practice your math skills. For example, when leaving a tip at a restaurant, first try doing the calculation in your head, then on paper, then on a calculator. This will give you practice and allow you to check your answer
 Take a little time each week to read or watch a science-based article or story. Get to know some of the theories or facts in the story. Over the next few weeks, try to find real-world situations that relate to those concepts. For example, you can learn about RF radiation and how it is used to send signals to a cell phone
 Learn about common logical fallacies and how to avoid them. This can improve your reasoning skills and help you make more accurate conclusions, using reliable and unbiased information

#### Logical and Existential Intelligences

- If you like to explore scientific concepts, extend your exploration to include existential topics for example, the parallel universe theory, the big bang theory or the theory of relativity. Remember, for existential questions, you do not have to reach a final answer
- When learning new information, resist the urge to quickly scan and look for patterns. Instead, take some time to understand the context and why you are learning it in the first place

#### Logical and Linguistic Intelligences

- Practice your linguistic skills using logic-related activities such as word-based puzzles, Scrabble, crosswords and vocabulary games
- Pay attention to the writing in your textbooks. Think about what the writers are trying to accomplish and examine their use of words, symbols and structure
- Select an issue or theory that you can analyze and reason scientifically. Then discuss, debate or write about it. While you may focus on being correct and precise, remember it's also important to be eloquent and persuasive

## **Interpersonal**

### Advice for Learning





- Learn how to be a good listener. Practice "active listening" and use every conversation as an opportunity to better understand other people's points of view
- Talk to other students, teachers or experts to learn more about topics covered in class. Try to be prepared with good questions
- Ask your teacher about working in pairs or groups, or participating in projects with other classes, to encourage discussion. Outside of class, join or form a study group
- Get involved in a social cause that relates to a topic you're studying, or volunteer to mentor other students in a subject you know well
- Take part in role playing, presentations, debates and group activities

#### Recommendations

best for you.

The following recommendations are based on your results. Consider each and select the ones you think would work

There are many tools available — including books, courses, videos and websites — to help improve your relationship skills. Some are better than others, so be sure to select a good quality resource. If possible, try to get feedback or recommendations from people who have used that resource before
Be observant. Pay attention to people's facial expressions and posture. Try to spend more time listening than talking By being sensitive to others' perspectives, emotions and motives, you can adapt your response to what is needed — and provide support, encouragement, an opinion or advice, for example
Get involved in volunteering, mentoring or charity work. These activities can improve your ability to feel empathy, understand others' points of view and build your communication skills
Expand your network. Interact with people of different ages, cultures and skill sets

#### Interpersonal and Kinesthetic Intelligences

- Get involved in group activities such as team sports, running clubs or groups that hand-build things. All of these activities train your senses to be focused and require you to perform movements with specific goals
- Talk to people who are active in sports or other kinesthetic activities about what motivates them. It may prompt you to get more involved in physical activity

#### Interpersonal and Musical Intelligences

- Learn to appreciate different styles of music and the various elements that combine to make music. Attend performances or listen to recordings with knowledgeable people who can explain the type of music and how it is made
- · Talk about your favorite songs or musical styles with friends. Discuss what you like about music and compare different songs in terms of the rhythm, instruments and other aspects
- If you are learning to play an instrument, talk to others about tips and tricks they use to learn musical skills. You may also be able to find online discussion forums to ask for advice. If contributing online, take care not to provide your personal information

### **Naturalist**

### **Advice for Learning**





- Work on assignments in a natural environment that helps you focus in your backyard, for example, or at a park or beach
- Take part in school field trips. In addition to outdoor experiences, go on trips to science museums, art galleries and other environments where you can use your senses to identify and classify objects
- Join or start an environmental project, at school or in your community
- In class, look for ways to incorporate nature and the environment. For example, you could write a paper about how weather conditions have affected worldwide events

#### Recommendations

The following recommendations are based on your results. Consider each and select the ones you think would work best for you.

Spend time in a natural environment. Pay attention to the animals, plants and other objects around you, noting the

Spend time in a natural environment. Pay attention to the animals, plants and other objects around you, noting the differences and similarities. Imagine how each living thing fits into its environment, and how the rocks and landscape were formed
Practice grouping objects — both natural and non-living ones — according to their features. This is called categorization. Use multiple senses when categorizing objects. For example, you might identify birds by the sounds of their song, perfumes by their smell and fabrics by their texture
Get involved in an environmental cause. You may initially decide to join an organization because you know people who are already involved or because there is a need for your skills. Whatever the reason, the important thing is that you gradually learn about and appreciate the cause itself

### Naturalist and Kinesthetic Intelligences

- Spend time outdoors pursuing sports or other kinesthetic activities. Pay attention to your movements and think about how you can be more efficient in each step or motion
- When available, take classes like outdoor recreation and leadership. Outside of class, hike or bike along your favorite trails or in areas that will give your kinesthetic intelligence a workout
- Set physical challenges for yourself, increasing the difficulty as your ability improves

#### Naturalist and Musical Intelligences

- Listen to or play music in different natural environments. Pay attention to the unique acoustics of each location. How are they similar or different, and why?
- Learn about the different types of wood and fibers used to make woodwinds, drums and stringed instruments. Find out why certain qualities of materials make them suitable for musical instruments
- Spend time in a natural environment on your own and remain completely quiet. Use your naturalist wisdom to focus on the sounds around you, whether they are made by animals or by other natural sources

## **Spatial**

### **Advice for Learning**



- When taking notes or studying, use mind maps, charts, diagrams or pictures to visualize the topics you are learning about. Create sketches or mental images to help you memorize and recall information
- Imagine different ways of seeing things. Visualize how they would look based on a description. Then think about how they would look if you rotated them, or changed a color, shape or other feature
- Take elective courses like art, marketing and advertising, dance, animation, video production, woodworking or design
- When permitted, incorporate visual representations into your assignments and projects. For example, you could make use of charts, posters, diagrams, animations or videos

#### Recommendations

The following recommendations are based on your results. Consider each and select the ones you think would work best for you.

	Practice hands-on activities like completing jigsaw puzzles, designing clothes, working on engines, choreographing a
	dance routine or constructing woodwork projects. These activities encourage the use of multiple senses, such as
	vision, touch and hearing, to observe shape, distance and direction in a three-dimensional space. Paper and
	computer-based visual puzzles can also help, but rely solely on visual observation
П	Use visual presentations to communicate information. For example, create graphs and charts to represent numbers
	and statistics. Use flow charts and mind maps for studying and taking notes. When preparing for activities that
	involve movement, especially complex moves, visualize your actions before the activity
П	Practice thinking about composition — the way in which the elements of an image, work of art or other objects are
	arranged and work together. Photography, art and design courses are an excellent way to get started. Becoming
	more aware of compositional details can help you become better at understanding and creating visual information

### Spatial and Kinesthetic Intelligences

- Before you begin an activity, visualize doing it. Imagine how the movements should be performed. Go back and forth between visualization and physically practicing it until you get it right
- Pursue activities that make use of both intelligences at the same time. Gymnastics, martial arts, skilled trades, and sports that involve catching, throwing and hitting, all require a keen awareness of distance and visual patterns

#### Spatial and Musical Intelligences

- Spatial intelligence involves the ability to interpret images and physical space around objects. Learn to read music. Your spatial ability will help you to quickly interpret the patterns on the music sheets
- When learning to play an instrument, try visualization. Picture yourself playing the instrument well. Imagine your hands moving the way they need to move, your posture and breathing
- Work on puzzles or other visual games while listening to music. Vary the genres of music that you listen to and take note of how each affects your performance in completing the activity. You can also analyze music videos that focus on a visually artistic theme

## Your moderate strengths can often be developed more easily than weaker areas.

## **Intrapersonal**

### **Advice for Learning**





- Learn about and practice good decision making and setting realistic goals. Check your progress regularly
- Build awareness of your feelings, attitudes and behavior. Keep a journal or blog and record your thoughts about your experiences at school. Later, review and reflect on what you've written. Try to analyze your thoughts objectively
- When receiving corrective criticism, remind yourself that feedback is intended to help you improve your skills. It's not meant to judge you as a person
- Monitor and manage negative emotions. If you notice yourself feeling frustrated, angry or upset, take a mental "time out". A brief pause to step back from the situation, calm down and gather your thoughts, even if just for a few seconds, can help you regain control

#### **Recommendations**

be	st for you.
	Spend time on yourself. Understanding your own feelings can help you sympathize and empathize with others, to appreciate what they feel. It can also help you feel more energized, self-confident and focused
	Take time to reflect. Consider your thoughts, feelings and behaviors. What actions have brought you success and what you would like to change in the future? You may want to try meditation, self-help books or courses that can help with self-analysis
	Set specific, realistic goals. Make sure they range from short-term to long-term and easy to more difficult. As you achieve them and your confidence increases, take on greater challenges
	Practice being self-aware. Try to predict how your actions — or inactions — will affect you, and other people, in future

The following recommendations are based on your results. Consider each and select the ones you think would work

#### Intrapersonal and Kinesthetic Intelligences

- Try physical activities that focus on self-awareness. Activities such as yoga or tai chi require being conscious of your positions and movements
- Set a goal to take up an activity or accomplish a certain level of physical achievement. Be sure it is realistic and record your progress as you work towards it. As you accomplish your goals, set more challenging ones

#### Intrapersonal and Musical Intelligences

- Try using music as a tool to influence your mood. Use your self-knowledge and awareness of your feelings. Think about the kind of music you enjoy listening to and how it affects you. Eventually, you can try creating your own music to suit your mood or to change it
- Consider why certain music might affect your mood. What instruments are being used? What effect does rhythm have? What style of music appeals to you or turns you off, and why?

### **Existential**

### **Advice for Learning**

- When learning something new, think about how the topic fits into the greater scheme of things. What role does it play? Why is it important? How is it relevant to you, your community or the world?
- Look for ways to connect new concepts to what you already know. Ask yourself, what other subjects or ideas are similar to this one? What larger themes or groups could this topic fit under?
- Think about multiple points of view. For example, consider how your feelings about fossil fuels might compare to those of an oilfield worker or an environmentalist. How about the views of people in other jobs or in other countries? Try to understand perspectives on all sides of an idea or issue

#### Recommendations

The following recommendations are based on your results. Consider each and select the ones you think would work best for you.
 Talk to people who regularly explore deep topics, such as religious leaders, counselors, university professors or sociologists. Ask, respectfully, questions about life, why we exist and why the world works the way it does. Seek multiple sources to learn different points of view
 Be willing to question your own beliefs and to be open to new possibilities. You don't have to believe everything you hear! But through questioning and adding to what you know, you will gain a better understanding of yourself, others and the world around you
 Don't be disappointed if answers to your questions are unavailable or lead to more questions. Instead of trying to reach a final conclusion, your goal should be continual growth and maturity

#### Existential and Kinesthetic Intelligences

- Take part in yoga, tai chi, martial arts and other activities that have a spiritual nature. They allow you to contemplate and consider the wider world while you develop your mind-body connectedness
- Investigate flow state and how to achieve it. Athletes describe being in a flow state during peak motivation, performance and mental focus. In this state, their senses are heightened and they can act instinctively

#### Existential and Musical Intelligences

- As you listen to music, try to determine what the overall theme is, whether it's a single song or an entire album. Think about why certain sounds and rhythms were used, and how a story may be told by the individual aspects of the music
- Explore music through history and across different cultures. From hymns to chants to drumming, people have posed existential questions and responses through music. Try to find out why music exists. What purpose does it serve?

## Linguistic

### **Advice for Learning**





- Underline, highlight, or write down any new or unfamiliar words you come across in your reading. Look up these words as soon as you can
- Take elective classes like creative writing, speech and debate, drama, computer programming and foreign languages. Outside of class, participate in linguistic-based activities, such as solving crossword puzzles, playing Scrabble with friends or using word game websites like Free Rice and WordPlays.com
- Read aloud. For example, read stories to a sibling, or volunteer to read to younger students or children at the library. This will improve your flow, pronunciation and confidence
- Before you begin reading a text, familiarize yourself with the goals and main concept of the chapter. This will help you to better grasp the new information
- Get involved with the school paper or media club. Enter poetry, essay, or speech and debate contests

#### Recommendations

e following recommendations are based on your results. Consider each and select the ones you think would work est for you.
Practice using your linguistic skills at every opportunity — whether reading a book, writing an essay, sending an email, doing an interview or speaking to an audience
Read a variety of high quality written works. This can improve your ability to understand and interpret different types of writing and the creative use of language. Ask your English teacher or a librarian to help you choose appropriate materials
Expand your vocabulary when writing and speaking. Use a dictionary and thesaurus to help you identify new words to express what you want to say. Make sure you understand each word's definition and how to use it correctly in a sentence. If using it in a speech, learn the proper pronunciation
Explore the subtleties of humor. For example, examine the use of irony, sarcasm and satire. Learn to enjoy different types of humor and practice being funny yourself

#### Linguistic and Kinesthetic Intelligences

- Research and write out a plan to guide your efforts and track your progress as you work towards your personal kinesthetic goals
- Read a book about an inspirational athlete. Books that provide a first-person view of what athletes call "flow" or being "in the zone" are especially helpful
- Learn sign language. In addition to exercising your linguistic skills, it requires a certain level of coordination. It will improve your arm and hand dexterity

#### Linguistic and Musical Intelligences

- Read the lyrics of your favorite song without the music. Concentrate on the words, looking for meaning. Then listen to the song with the music. Do you notice any additional meaning imparted by the music?
- Practice speaking or singing some simple lyrics in rhythm, mimicking the artist. It doesn't matter if you are off-key. After trying it with the existing lyrics, write your own lyrics to the same music and perform it again
- Increase your understanding by reading books about music and musicians. Check out music magazines and online articles by music journalists and critics. As your knowledge of music grows, you can try writing your own articles

# **Emotional Intelligence (EI)**







## **Emotional Intelligence and You**

Emotional intelligence (EI) is your ability to recognize and manage your feelings and behavior, and those of other people, in a way that helps you.

Most Recent Results		)

Your El score is a blend of your interpersonal and intrapersonal intelligences scores. El relates closely to these two intelligences.

Your emotional intelligence is currently at a high level. This means you often know what others are thinking or feeling. You usually realize how your mood is affecting your thoughts and you are able to regulate your mood. You are good at describing your feelings and often convince others to go along with your ideas. If you keep developing your emotional intelligence, you can take on leadership positions and have a genuinely positive impact on the people around you. The information in this section will help you in that goal.

## **Emotional Intelligence Traits**

Read the list of traits related to EI and indicate the degree to which each is a strength or challenge for you. Be sure to update this list as you develop challenges into strengths.

Adaptable: able to deal with new and changing conditions	Challenge	0	O O Strength
Assertive: honest, direct and willing to stand up for yourself	O C	0	O O Strength
Composed: think carefully before reacting and resist being impulsive	Challenge	0	O O Strength
Content: happy and satisfied with your life	Challenge	0	O O Strength
<b>Empathic:</b> intensely aware of needs and feelings — your own, and other people's	Challenge	0	O O Strength
<b>Expressive:</b> can communicate your emotions to others in a healthy way	O C	0	O O Strength
Influential: can guide other's emotions in a purposeful way	O C	0	O O Strength

Intimate: build and maintain healthy and close personal relationships



Optimistic: have a positive outlook on life	Challenge	0	0	0	Strength
Perceptive: keenly aware of your emotions and those of other people	Challenge	0	0	0	O Strength
<b>Regulated:</b> able to manage your emotions and behavior in a variety of situations	Challenge	0	0	0	O Strength
Resilient: can deal with pressure and stress in a healthy way	Challenge	0	0	0	O Strength
Motivated: persist and overcome difficulties to achieve goals	<b>C</b> hallenge	0	0	0	O Strength
Connected: build social connections with many different people	Challenge	0	0	0	O Strength
Recommendations The following recommendations are based on your results. Select the one:  Developing Emotional Intelligence  Develop a sense of humor and try to make people laugh without putting down		would v	vork best	for you.	
<ul> <li>Learn to laugh at yourself and endear yourself to others by showing humility</li> <li>Write out your thoughts and create a plan for self-improvement. Make accomplish in the next year</li> <li>Volunteer to help others. This is especially effective if you are able to interest the positive of the po</li></ul>					
as at a hospital, homeless shelter, or retirement center  Participate regularly in healthy activities that provide stress relief. Some examples include meditation, exercise, music, playing with a pet or talking with a close friend  Take responsibility for your problems or difficulties. While it is easy to complain or blame others, this rarely leads to a solution. Choose one difficulty you're currently dealing with and figure out how you can take ownership and fix it yourself					
<ul> <li>Learn to say No when you mean it. When you say Yes out of guilt, or Maybe to avoid confrontation, you invite more problems than you solve in that moment. There is no need to be mean or selfish. Just be assertive about what you can realistically accomplish</li> <li>Practice being grateful. While it is important to take responsibility for difficulties, it is just as important to remind yourself of the good things in your life. Once a week, write down what makes you thankful. Record it in the same place each time, so you can easily review the things you were grateful for in the previous week</li> <li>Move outside of your own perspective. When you are critical of other people or ideas, it is often because you only see things from your own perspective. Before judging, ask others why they feel the way they do. Learn more about</li> </ul>					
people's backgrounds and about cultures that differ from your own. Pr questions respectfully, with the goal of learning about others' views, in:	actice liste	ning mo	re than s	peaking	. Ask

# Career and Pathways



The careers listed below are all linked to your assessment results, with the careers at the top being the best match for your profile.

## **Intelligences Results**

Airline Pilots, Copilots, and Flight Engineers	Transportation, Distribution and Logistics	
Sports Medicine Physicians	Health Science	
Forest Firefighters	Law, Public Safety, Corrections and Security	
Forest Fire Fighting and Prevention Supervisors	Law, Public Safety, Corrections and Security	
Municipal Fire Fighting and Prevention Supervisors	Law, Public Safety, Corrections and Security	
Dentists, General	Health Science	
Surgeons	Health Science	
Emergency Medical Technicians and Paramedics	Law, Public Safety, Corrections and Security	
Athletic Trainers	Health Science	
Commercial Pilots	Transportation, Distribution and Logistics	
Oral and Maxillofacial Surgeons	Health Science	
Fish and Game Wardens	Law, Public Safety, Corrections and Security	
Ship and Boat Captains	Transportation, Distribution and Logistics	
First-Line Supervisors of Aquacultural Workers	Agriculture, Food and Natural Resources	
Surgical Assistants	Health Science	
Anesthesiologists	Health Science	
Nurse Anesthetists	Health Science	
Municipal Firefighters	Law, Public Safety, Corrections and Security	
Pilots, Ship	Transportation, Distribution and Logistics	
Veterinarians	Health Science	
Range Managers	Science, Technology, Engineering and Mathematics	
Police Patrol Officers	Law, Public Safety, Corrections and Security	
Archeologists	Science, Technology, Engineering and Mathematics	
Prosthodontists	Health Science	

Manufacturing Engineers	Science, Technology, Engineering and Mathematics		
Recreation and Fitness Studies Teachers, Postsecondary	Education and Training		
Ophthalmologists	Health Science		
First-Line Supervisors of Logging Workers	Agriculture, Food and Natural Resources		
Physical Therapists	Health Science		
Aquacultural Managers	Agriculture, Food and Natural Resources		
Farm and Ranch Managers	Agriculture, Food and Natural Resources		
Nursery and Greenhouse Managers	Agriculture, Food and Natural Resources		
Curators	Education and Training		
Anesthesiologist Assistants	Health Science		
First-Line Supervisors of Mechanics, Installers, and Repairers	Manufacturing		
Orthotists and Prosthetists	Health Science		
Fire Investigators	Law, Public Safety, Corrections and Security		
Robotics Engineers	Science, Technology, Engineering and Mathematics		
Aircraft Cargo Handling Supervisors	Transportation, Distribution and Logistics		
Sheriffs and Deputy Sheriffs	Law, Public Safety, Corrections and Security		
Soil and Water Conservationists	Science, Technology, Engineering and Mathematics		
Respiratory Therapy Technicians	Health Science		
Exercise Physiologists	Health Science		
Manufacturing Engineering Technologists	Manufacturing		
Biofuels Production Managers	Business Management and Administration		
Industrial Safety and Health Engineers	Science, Technology, Engineering and Mathematics		
Solar Energy Installation Managers	Architecture and Construction		
Coaches and Scouts	Education and Training		
Zoologists and Wildlife Biologists	Agriculture, Food and Natural Resources	<b>**********</b>	
Microbiologists	Science, Technology, Engineering and Mathematics	<b>***********</b>	
First-Line Supervisors of Animal Husbandry and Animal Care Workers	Agriculture, Food and Natural Resources		

Manufactured Building and Mobile Home Installers	Architecture and Construction	
Foresters	Agriculture, Food and Natural Resources	
First-Line Supervisors of Police and Detectives	Law, Public Safety, Corrections and Security	
Emergency Management Directors	Government and Public Administration	
Geothermal Production Managers	Business Management and Administration	
Hydroelectric Production Managers	Business Management and Administration	
Radiologists	Health Science	
Set and Exhibit Designers	Arts, Audio/Video Technology and Communications	
Respiratory Therapists	Health Science	
Biochemical Engineers	Science, Technology, Engineering and Mathematics	
Radiation Therapists	Health Science	
Wind Energy Operations Managers	Business Management and Administration	
Environmental Engineers	Agriculture, Food and Natural Resources	
Farm and Home Management Advisors	Education and Training	
Nuclear Medicine Physicians	Health Science	
Clinical Nurse Specialists	Health Science	
Occupational Health and Safety Specialists	Government and Public Administration	
Pathologists	Health Science	
Athletes and Sports Competitors	Hospitality and Tourism	
Mates- Ship, Boat, and Barge	Transportation, Distribution and Logistics	
Urologists	Health Science	
Radiologic Technologists	Health Science	
Informatics Nurse Specialists	Information Technology	
Midwives	Health Science	
Industrial Production Managers	Business Management and Administration	
Robotics Technicians	Manufacturing	
Food Scientists and Technologists	Agriculture, Food and Natural Resources	
Service Unit Operators, Oil, Gas, and Mining	Architecture and Construction	
Physical Medicine and Rehabilitation Physicians	Health Science	
Surveyors	Architecture and Construction	

Obstetricians and Gynecologists	Health Science	
Park Naturalists	Science, Technology, Engineering and Mathematics	
Environmental Restoration Planners	Science, Technology, Engineering and Mathematics	
Explosives Workers, Ordnance Handling Experts, and Blasters	Architecture and Construction	
Career/Technical Education Teachers, Secondary School	Education and Training	
Aircraft Mechanics and Service Technicians	Transportation, Distribution and Logistics	
Chiropractors	Health Science	
Dermatologists	Health Science	
Adapted Physical Education Specialists	Education and Training	
Registered Nurses	Health Science	
Orthodontists	Health Science	
Choreographers	Arts, Audio/Video Technology and Communications	
Biofuels/Biodiesel Technology and Product Development Managers	Science, Technology, Engineering and Mathematics	
Biomedical Engineers	Health Science	
Landscape Architects	Architecture and Construction	
Critical Care Nurses	Health Science	
Biochemists and Biophysicists	Science, Technology, Engineering and Mathematics	
Millwrights	Architecture and Construction	
Air Traffic Controllers	Transportation, Distribution and Logistics	